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Press
Release

May 23, 2005

Teens Can *Get Real, Get Fit!* This Summer

Teens who want to get healthy and in-shape this summer but are not sure where to start need to look no further. Any teen ages 12-18 can attend **Get Real, Get Fit!** sessions this summer at the Norwood or Corryville branch libraries and Bush or Lincoln Community Centers, beginning June 16. The free programs are a joint venture with the Library, Cincinnati Recreation Commission, American Heart Association, Cincinnati Health Department, CET, and the Division of Adolescent Medicine of the Cincinnati Children's Hospital Medical Center

"This is a great way for the community organizations to come together and help teens and their parents learn how to choose a healthy lifestyle. These programs will provide easy, everyday tips that teens can incorporate into their lives right away!" said the Library's Teen Coordinator Paula Brehm-Heeger.

The Library was the recipient of a \$2,000 grant from Libraries for the Future (LFF), a national program that enables libraries to bring together teens and their parents. It includes discussions and activities sparked by films and literature that emphasize the importance and benefits of fitness and healthy eating, and also offers opportunities to increase physical activity and adopt healthy eating habits.

Get Real, Get Fit! includes four different components to be presented at each location:

- ✓ **Get In the Mix:** Explanation of the four-stage program.
- ✓ **Build-A-Meal:** How to create a healthy meal at home or at a restaurant.
- ✓ **Move Your Body:** Importance of exercise and how it can be fun.
- ✓ **What's Cooking:** Healthy choices and how to cook simple and healthy meals.

Program Schedule:

- ✓ Thursday, June 16, 1:00 p.m.: Norwood Branch Library, 4325 Montgomery Road
- ✓ Wednesday, June 22, 3:00 p.m.: Bush Community Center, 2640 Kemper Lane
- ✓ Saturday, July 23, 1:00 p.m.: Corryville Branch Library, 2802 Vine Street
- ✓ Tuesday, July 26, 6:00 p.m.: Lincoln Community Center, 1027 Linn Street

A key component of *Get Real, Get Fit!* is “In the Mix,” a new health-related episode for teens on PBS. Libraries will use the video as a springboard for intergenerational discussion about teen lifestyle issues and strategies for forming healthy habits. Materials produced by the Centers for Disease Control (CDC) will also be used. For more information, go to the Library’s webs site at www.CincinnatiLibrary.org.

Fitness Facts:

- Research suggests that exercise often modifies some of the risk factors associated with certain kinds of cancer. Obesity has been linked to cancer of the breast and female reproductive system.
- Exercise will not offset the effects of a high-fat diet or smoking.
- Exercise helps reduce the risk of developing numerous diseases, and may also be effective in reducing the perception of pain, even among those with chronic pain in the lower back.
- Just three weeks of healthy eating and daily moderate exercise can significantly reduce a male’s risk of heart disease by lowering both blood pressure and cholesterol levels.

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✓ **Our goal is to make our programs accessible to everyone. Please request ADA services one week in advance at 513-369-4406 (TTY 369-4409).**

✓ **Information about events at the Main Library and 41 branch libraries is available on the Internet site: www.CincinnatiLibrary.org.**